

**FAMILY UPBRINGING, PARENTAL CONTROL, AND INCREASING YOUNG PEOPLE'S RESPONSIBILITY FOR THEIR OWN HEALTH**

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**Abstract:** This article examines the role of family upbringing, parental control, and strategies for increasing young people's responsibility for their own health. Drawing on research in psychology, pedagogy, and public health, it highlights how the family environment and parental guidance serve as fundamental factors in fostering healthy lifestyle habits and preventive behaviors among adolescents. In addition, the paper discusses evidence-based measures that can be implemented to encourage young people to develop a sense of responsibility for their personal well-being.

**Keywords:** family upbringing, parental control, adolescent health, healthy lifestyle, responsible behavior, pedagogy, psychology, public health.

**Annotatsiya:** Ushbu maqolada oiladagi tarbiya jarayoni, ota-onalar nazorati hamda yoshlarning o'z salomatligi uchun mas'uliyatini oshirish yo'llari ko'rib chiqiladi. Psixologiya, pedagogika va jamoat salomatligi sohalaridagi ilmiy adabiyotlar tahlili asosida, oilaviy muhit va ota-onalar yosh avlodda sog'lom turmush tarzi ko'nikmalarini shakllantirishda asosiy omil ekanligi ta'kidlanadi. Shu bilan birga, yoshlarning o'z sog'lig'i uchun mas'uliyatli munosabat ko'nikmalarini tarbiyalash maqsadida amalga oshirish mumkin bo'lgan chora-tadbirlar ilmiy asosda baholanadi.

**Kalit so'zlar:** oila tarbiyasi, ota-ona nazorati, o'smir salomatligi, sog'lom turmush tarzi, mas'uliyatli xulq-atvor, pedagogika, psixologiya, sog'liqni saqlash.

## **Introduction**

In contemporary society, the health of adolescents and young people is of strategic importance because the knowledge and habits acquired at this age form the basis of their future quality of life and general well-being (World Health Organization, 2021). The family is considered the most crucial institution where initial upbringing takes place, influencing youths' approaches to health and well-being. Parental supervision, psychological climate at home, advice, and guidance play a pivotal role in shaping healthy habits, preventing risky behaviors, and nurturing a responsible attitude toward personal health (Bronfenbrenner, 1979).

This article presents scientific approaches, methods, and practical recommendations related to family upbringing, parental control, and measures that can increase young people's sense of responsibility for their own health.

## **Literature Review**

Psychological literature typically characterizes family upbringing based on two main components:

1. **Parental control** — monitoring children’s important life decisions, providing guidance, and protecting them from risky or harmful behaviors (Steinberg, 2001).
2. **Parental support** — offering emotional encouragement, paying attention to individual needs, and facilitating effective communication.

Pedagogical research emphasizes that parental supervision varies across different developmental stages. For instance, in early adolescence, firm boundaries are essential, while at later stages, it is crucial to allow adolescents greater autonomy in decision-making (Baumrind, 1991). At the same time, excessive control (known as “hyper-parenting”) or a lack of any supervision (known as “hypo-parenting”) can contribute to multiple socio-psychological issues, including youth negligence toward their own health (UNICEF, 2017).

Studies in public health underscore that healthy lifestyle skills—proper nutrition, physical activity, avoidance of harmful habits, and attention to mental well-being—are primarily shaped within the family environment (WHO, 2021). When parents themselves model healthy habits, engage in sports with their children, and prepare nutritious meals together, young people are more likely to develop a stronger sense of responsibility for their own health.

### Methodology

This article uses literature analysis to focus on scientific studies in the fields of family upbringing, parental control, and youth health responsibility. It also integrates findings from various sociological surveys, psychological observations, and intervention projects. The review includes scholarly articles and reports from the disciplines of psychology, pedagogy, public health, and sociology, published between 2010 and 2022.

### Results

The analysis suggests that optimal balance between parental control and support influences three key aspects:

1. **Empathy and Emotional Stability in Young People**  
A supportive family environment fosters empathy and emotional stability, prompting adolescents to consider their own health needs as well as those of others (Baumrind, 1991). They develop a serious attitude toward both personal and community well-being.
2. **Developing Independent Decision-Making**  
When parents pay attention to their children’s opinions, allow them to make certain choices, and explain possible consequences, adolescents become more inclined to show similar responsibility and prudence in managing their health (Steinberg, 2001).
3. **Social Support and Health Literacy**  
Open family communication about any issue—academic challenges, health problems, etc.—combined with regular medical check-ups and a focus on nutrition and physical activity, consolidates practical prevention skills in adolescents (UNICEF, 2017).

### Discussion

Parental control plays a pivotal role in increasing adolescents' sense of responsibility for their own well-being. However, the methods of control closely relate to parenting style. Baumrind (1991) describes three main parenting styles—"authoritarian," "democratic," and "permissive"—and the research indicates that a democratic or balanced approach is more effective. Under authoritarian upbringing, young people often face rigid demands and do not develop the skills to make independent decisions. Under permissive parenting (i.e., minimal control), the lack of guidance can make it easier for unhealthy habits to emerge.

Consequently, it is essential to combine parental supervision with trust in the young person's abilities, involve them in community activities, and regularly share health-related information. Scientific findings show that "balanced control" encourages adolescents to value their parents' opinions while also expressing their own [6]. As a result, they can more effectively identify potential risks, avoid them, or take timely measures (Steinberg, 2001).

### Conclusion and Recommendations

This review highlights that family upbringing and parental control are among the most critical factors in fostering young people's sense of responsibility for their own health. A balanced approach—combining appropriate supervision with attention to each adolescent's individual needs—achieves the most positive outcomes. Furthermore, young people should have access to accurate health information, understand the negative consequences of harmful behaviors, and know how to prevent them.

1. **Establishing a Healthy Family Environment:** Parents must personally model healthy lifestyles and appropriate behavior.
2. **Using Interactive Methods:** Involving young people in activities such as cooking healthy meals and participating in sports together can strengthen their health awareness.
3. **Collaborative Decision-Making:** Parents should listen to their children's opinions, involve them in the decision-making process, and jointly evaluate outcomes.
4. **Ongoing Information Sharing:** Encourage regular medical check-ups, discuss health issues openly, and help adolescents evaluate information from the Internet and other sources.
5. **Collaboration with Schools and Community Organizations:** Strengthen partnerships between families, educational institutions, and community-based programs to implement healthy lifestyle curricula, sports clubs, and wellness events.

These recommendations can serve as a practical guide for parents, educators, and psychologists. Adolescent responsibility for personal health must be reinforced not only within the family but also through community engagement and educational institutions.

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